

Take Their Meals Leisurely and in Courses.

APPETIZING DISHES

GREAT CARE USED IN COOKING AND SERVING.

Result is That Dyspepsia is Almost Unknown—What a Good Dinner Costs.

Special Correspondence of The Evening Star.

PARIS, September 5, 1904.

We watched a middle-class Parisian family enjoying its Sunday outing dinner in one of the celebrated Duval restaurants. They refused themselves nothing; yet yet Americans were struck.

"Look at them eat bread!" "Look how they water their wine!" "Look how they lie up on salad!"

With a hundred good things before them money in plenty to pay, the Parisian family found its old established habits strong.

All their lives at home they had filled up bread and cheese and salad and water mixed with wine.

Paris is unique, I think, in possessing cheap restaurants that serve refined, wholesome, dainty meals. In all their calculations their proprietors take account of the eating up habit; therefore just as bread, cheese, salad and watered wine are at the expense of Parisian family feeding, so they form a kind of key to the unlocking of the Parisian cheap restaurant mystery.

The Duval restaurants are marvels. What might they not do in America, with our cheap meats and wealth of fish and fruits and vegetables?

They were founded by a Paris butcher of the name, who saw an opportunity to make

HE GOBBED

extra profit on his meat. He had four ideas:

(1) To cut away all superfluous expense; (2) to prevent his employees wasting and robbing; (3) to give the smallest possible portion in return for the privilege of letting Parisians fill up on bread, soup, cheese and watered wine; (4) to make up for the smallness of the portions by careful cooking and the best material.

On entering a Duval restaurant you are met by a complicated card with rows of figures running down its side, from 1 cent to \$1.

A pretty waiter girl places a black mark beside a 1-cent figure. That is for your napkin. Then she marks a 2-cent figure. That is for your bread.

Everything Charged For.

Every dish brought to you is marked in its way the moment it is served you, so that you can see how the bill is mounting.

These cards are operated so as to form a check not only on the kitchen and waiters, but on the cashier as well. The cashier does not touch your money—you pay the cashier's desk as you go out.

The Duvals are neat, but a trifle bare in furniture. The small, marble-topped tables are huddled rather together. In most of the Duvals you eat from the marble-topped without a cloth—a cloth costs 1 cent extra.

If you ask for sugar with your apple tart the girl will bring you two spoonfuls—mark an extra cent on your card.

Today these Duval restaurants have gone to the limit of their capacity, and the stock, and it is amusing to note how the rates fluctuate month in, month out, according to the nomination of the capital, the presence of many strangers and the state of the provision market.

In the narrow gamut of their dishes you will get in these cheap restaurants almost everything that is to be had in Paris. The careful cooking as anywhere in Paris. Their drawbacks are crowding, a certain meanness in the dishes from month to month and the preparation of that serenity which marks the highest chef.

The Duval waiter girls not only are not paid by the establishment, but also they

French Cooks Are Slow.

most hand in a percentage of their tips. Therefore, they strive to please the customer. They know that a half-unsat- isfactory dish means serious annoyance to a man who pays for it.

"Bring me a blanquette of veal."

"But yes, monsieur," her voice says, "I'll have her head shakes." "No." It means (to a steady customer) of the veal stew is not its best today.

You can always tell when the Duvals have killed a calf. I have counted nine different preparations of veal among the treasures of one lunch card.

Cheap, but Good.

To insure their bills of fare are artfully constructed. A small, but really good steak, about as good as any you can get in France, costs 12 cents. A dish of little as will cost the same.

A haie omelette comes to 14 cents; a bunch of common white grapes in full season costs the same.


A heavy lunch at one of these Duvals is not so heavy as it might appear, because the portions are so small) would be like this:

Butter. 8 cents; grilled fresh cockerel, 12 cents; puree of potatoes, 6 cents; quarter of a roast chicken (wing), 25 cents; little peas, 12 cents; celery salad, 8 cents; camembert cheese, 5 cents; bunch of white grapes, 14 cents; one-half bottle of fair white Burgundy or Bordeaux wine (red), 17 cents; cloth and napkin, 3 cents; bread, 2 cents; fee, 5 cents. Total, 84 cents.

This is an expensive blowout. Out of the potatoes and the wine (there is a "carafon" of white or red "vin ordinaire" at 4 cents) and you will have 21 cents.

To a "fixed-price" place in Paris will give a anything half so good. The highest restaurants, however, order such plain things, so often give you no better.

The bouillon restaurants are less numerous than the Duvals, which they have imitated on a higher scale. Various companies have had varying fortunes with them, and



are now said to be under the control of a single man—who has gone to the length of establishing one in the big Paris park of the Bois de Boulogne.

Their style of decoration and furniture is more luxurious and brilliant than that of the Hotel de Ville, with higher ceilings and more elbow room; and each particular branch keeps to its ancient menus and its ancient prices.

Cooking With Butter.

They differ from the Duvals, also, in a technical detail. The Duvals have, properly, the "cuisine au beurre." This means that butter is always used instead of lard or other grease; and that everything that can be cooked with butter is so cooked. For example, nearly all vegetables, the English vegetable market being in water never appears. Vegetables thus carefully cooked form courses by themselves. They are worthy of it. For meats it does not mean anything. The roast beef, for instance, from the wealth of butter-drip mixed with chopped parsley forming their sauce, might, at first glance, appear to be a certain promise; but, and concocted dishes seldom appear. It is rich plain cooking as the French understand it.

The Bouillon restaurants soar higher in the direction of made-dishes. The Duvals' meats are "parished," their roast veal is 10 cents, dressed with a dab of spinach, it is 12 cents—2 cents more. The Bouillons will give you a hot tart-crust filled up with meat, cooked chestnuts stuffed with meat-sauce. Over this is placed, like the lid of a pot, a tiny, thin tenderloin steak.


The Bouillon prices are a bit higher than the Duvals'. Here is a sample dinner:

Potage Dubarry (puree of cauliflower with croutons), 8 cents; cassoulet à la Toulousaine (game duck slowly baked with bacon, white wine, white beans and sliced red sausage, in a little earthen pot), 16 cents; tomatoes stuffed with forcemeat, 12 cents; three small roasted pears, 10 cents; one-half bottle of red wine of Tournai, brick tinted, astrigent, with a beginning of a suspicion of a bouquet, 30 cents; cloth and napkin, 4 cents; bread at discretion; tip 10 cents. Total 90 cents.

Secret of Excellence.

Of course, all depends on how the things are cooked. Habitual painstaking—the French cook is slow and has lots of help—is the real secret of this excellence; for raw material is expensive and romo wholesale is in vain quantities, according to price. In Bulwer-Lytton's "Pelham"—a work containing many keen observations on French feeding—this truth is laid down:

"It only in their very best the French surpass us; their other meats are lacking in flavor."



the ruby juices and elastic freshness of our own."

It is as true today as it was sixty years ago. The French value veal because it provides itself to so many different preparations. In England its only use was as a sort of alloy in the fabrication of pork-and-lam pies.

The "Pelham" was at Calais, dining with the exiled Lord Gullstone, the latter spoke with British feeling about the French "understandings."

"The first time I ordered a chop I thought I had explained every necessary particular—a certain portion of flesh and a certain quantity of accompaniment. I swallowed the composition, drowned as it was in a most pernicious sauce. They then suggested that more could be made; sauce was prohibited and all extra ingredients. The cover was removed, and the breast of mutton! I sat down and wept!"

Pertinent Observations.

He might weep yet today. French mutton chops are often delicate and tender, but they do lack the "ruby juice" and the "elastic freshness" of the English and American article. The French mutton chop is rather like the French young girl-tender and colorless, taken with its character and flavor from its decoration.

There is nevertheless still another pertinent observation to make.

Why did Lord Gullstone kick against the dyspepsia? Because it might cause dyspepsia?

No, it seems obvious, Lord Gullstone feared the breaded cutlet because he had already taken already dyspepsia due to his own English plain cooking.

Dyspepsia is almost unknown in France!

Look around the cheap restaurant. See the pleasant-faced, middle-aged business man complacently smiling at the girl between courses? Is he thinking of his own business? Is he even thinking of his food? No, he is making goo-goo eyes at her. What do the waiters with his severe mutton-chop-side-whiskers clipped in the legal way. His second course did not please him. He is telling the maitre-d'hotel why and wherefore.

Look at the stout curbstone-broker gobbling his chop—a breaded one. He gobs it down. He has no time to waste in an order of sweet peas cooked with tiny onions and a little lettuce.

What do the waiters with all in common? It is this: They eat even their lunch in courses! Even in these cheap restaurants made made decorative and delicious.

STERLING HEILIG.

Men and Manners.

From the St. James Gazette.

Manners in parliament do not appear to make a more mellow tone as this young century advances. The exchanges between the ministerial and opposition benches this week have not been at all complimentary, and the acrimonious results of our old courtiers. But we need not be discomfited by criticism from that quarter. There are some things in this old island which our hustling cousins cannot better. Parliamentary procedure is one. One does not include for comarion the little scenes in which members throw themselves on the floor and invite the other to have a parley. But taking normal day in the house, the old looks at home in their Witenagemot comarion more than favorably with the lords of the manor. The new lords of the manor, their best, Sir Carne Rasch would have an agonizing time of this listening to speeches columns in length, all the while the speaker would be in the midst of playing violence upon the circulation among members' constitutions.

What would happen if, during a debate the speaker would be in the midst of playing violence upon the circulation among members' constitutions.

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